

## SOLO FIT Smart Suit - N20-SS

(continued)

The SOLO FIT Smart Suit is equipped with a slide and guide connection System for the SOLO FIT Control Box. Inside the SOLO FIT Smart Suit there are specially designed electrodes which are placed to fit over various muscle groups. The suits are unisex in sizes ranging from XXS to XXL.



Do not use, or attempt to use any other stimulation suit with the SOLO FIT System. The SOLO FIT Smart Suit is for single User use only! Do not share SOLO FIT Smart Suits between different Users.

### SOLO FIT Smart Suit

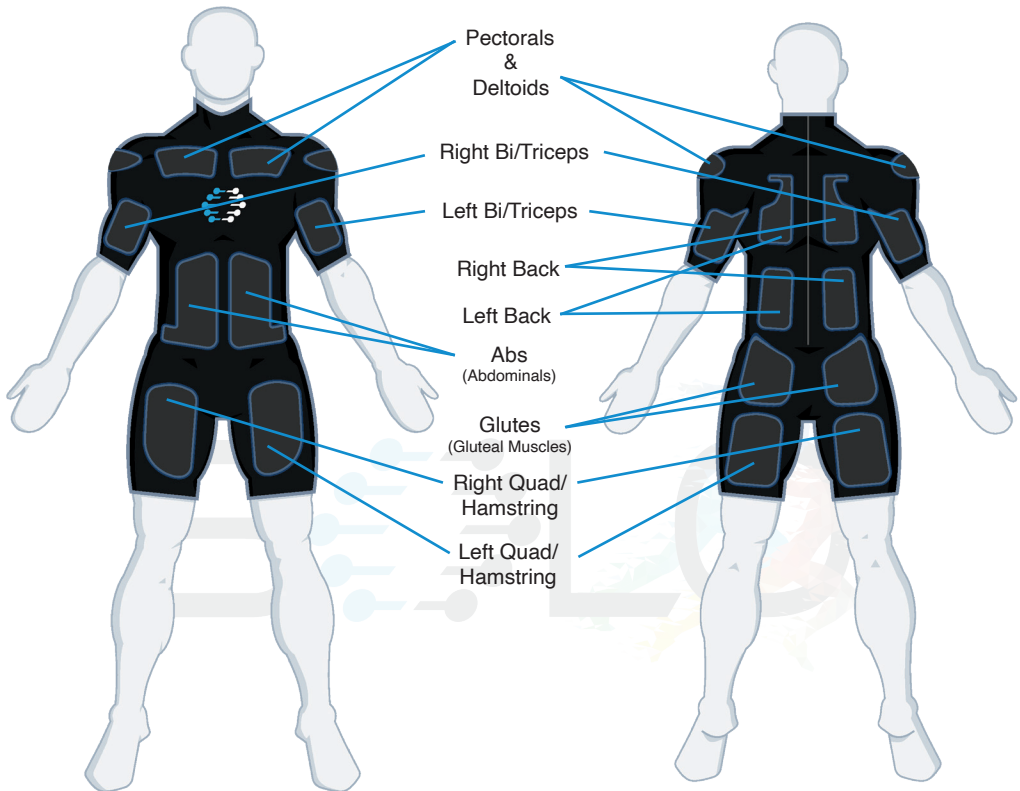


\* Color of the Smart Suit displayed in this manual may not reflect the actual final product.

## SOLO FIT Smart Suit - N20-SS (continued)

Electrodes (pads) on the SOLO FIT Smart Suit fit over the following muscle groups.

SOLO FIT Smart Suit - Electrodes / Muscle Group Diagram



### Packaging and Washing Bag for SOLO FIT Smart Suit

Your SOLO FIT Smart Suit comes with 2 bags:

#### SOLO FIT Smart Suit Packaging

- **Mesh Wash Bag:** Designed to make washing safer and easier, protecting the suit and its embedded technology during the wash cycle.
- **String Carry Bag:** Provides a convenient way to carry your Smart Suit to and from your training sessions, ensuring easy transport and protection.

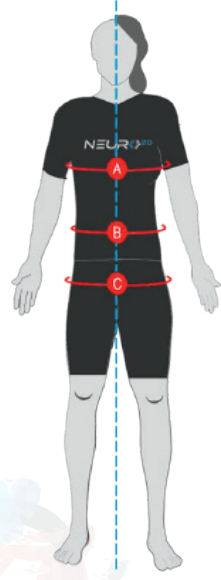


## **SOLO FIT Smart Suit - Sizing**

The SOLO FIT Smart Suit is unisex and comes in 7 sizes. The Smart Suit is made from durable, anti-microbial, flexible, fitting material. The chart below is an approximate size guide. Follow manufacturer care instructions on the [next page](#).

The SOLO FIT Smart Suit should fit snugly so the electrodes stay close to the body, but not so tightly that it restricts movement. While durable, the Smart Suit contains embedded technology and electronics, making the right fit crucial to avoid unnecessary stress on the components and to ensure comfortable stimulation. Use the size chart to select the size that best matches your measurements.

If your upper and lower body measurements fall into different size categories, choose the size based on the larger part. You may need to wear a compression shirt or shorts over the suit to ensure a snug fit for the smaller part of your body, keeping the electrodes in place.



Neuro20 Smart Suit - Size Chart

MEASUREMENTS						
SIZE	Chest <b>A</b>		Waist <b>B</b>		Hips <b>C</b>	
	inch	cm	inch	cm	inch	cm
<b>XXS</b>	31.5 - 35	80 - 88	25.5 - 29	65 - 73	31.5 - 35	80 - 88
<b>XS</b>	35 - 37.5	88 - 96	29 - 32	73 - 81	35 - 37.5	88 - 96
<b>S</b>	37.5 - 41	96 - 104	32 - 35	81 - 89	37.5 - 41	96 - 104
<b>M</b>	41 - 44	104 - 112	35 - 38	89 - 97	41 - 44	104 - 112
<b>L</b>	44 - 48.5	112 - 124	38 - 43	97 - 109	44 - 47	112 - 120
<b>XL</b>	48.5 - 53.5	124 - 136	43 - 47.5	109 - 121	47 - 50.5	120 - 128
<b>XXL</b>	53.5 - 58	136 - 148	47.5 - 52.5	121 - 133	50.5 - 53.5	128 - 136

## GENERAL MAINTENANCE

User/Operator is expected to maintain the SOLO FIT System and its components by following the guidelines in this manual. Neuro20 Fit Systems recommends using the SOLO FIT System only after fully understanding the Operating Manual. Handle all components with care, as the system is an electrical device that should not be thrown, dropped, or stored with items that could cause damage. If any component shows signs of damage or tampering, immediately discontinue use and contact support at [support@solofit.eu](mailto:support@solofit.eu).

### **SOLO FIT Smart Suit Maintenance:**

The SOLO FIT Smart Suit is a complex, high-tech wearable that requires specific care. It is machine washable, and we recommend washing it regularly after use to prepare for future sessions. Wash the suit on a gentle or regular cycle, with a spin speed between 800-1200 RPM, using water at 30°C (tap cold) or below. The SOLO FIT Smart Suit is hang dry only—do not use a dryer. See more details:

#### **How to wash the SOLO FIT Smart Suit:**

1. SOLO FIT Smart Suit comes with String Bag and washing bag (Fig.1).
2. Before washing, ensure the Smart Suit is turned right side out, with the logo visible.
3. Securely close the Velcro strap to prevent the hooks from damaging the suit. Ensure the silicon plug is firmly inserted into the USB-C connector (Fig.2).
4. Fold the Smart Suit in half lengthwise (Fig. 3), then fold both ends toward the middle (Fig. 4), and finally fold the suit in half again (Fig. 5). This method ensures the Smart Suit fits properly into the wash bag and prevents unwanted folds or damage to the embedded technology.
5. Place the folded Smart Suit into the provided wash bag (Fig. 6) and proceed with washing as instructed on the next page. ([Pg. 11](#))

Fig. 1



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6




## GENERAL MAINTENANCE (continued)

### SOLO FIT Smart Suit Maintenance (continued):

#### DO NOT!

1. Do not dry clean or clean chemically.
2. Do not bleach or use any fabric softener or fragrance enhancer.
3. Do not tumble dry or wring out by hand.
4. Do not dry in direct sunlight.
5. Never iron.
6. Never hand scrub or hand wash or use any abrasive, or brush on the suit.



 Use a mild, bleach-free detergent, such as high-performance sports detergent, delicate detergent, or baby shampoo. For an eco-friendly option, choose biodegradable or plant-based detergents to minimize environmental impact while caring for your SOLO FIT Smart Suit.


Always check your SOLO FIT Smart Suit for any signs of physical damage, loose threads, or wear and tear. Damage to the electrodes or connections could affect the suit's performance. If you notice any potential issues, stop using the suit and contact customer support at [support@solofit.eu](mailto:support@solofit.eu) for assistance.

Store the SOLO FIT Smart Suit indoors in a clean, dry, pest-free environment, away from pets and children, and out of direct sunlight. The recommended storage temperature is between +10°C and +40°C (50°F to 104°F), with humidity levels between 5% and 80% (non-condensing), and an atmospheric pressure range of 700 hPa to 1060 hPa.

**Note!** The SOLO FIT Smart Suit should not be altered, patched, or have any logos added, as this may cause device malfunctions and violate trademark and branding requirements.

 The SOLO FIT Smart Suit is for single User use only!

### Control Box Maintenance:

-  • Store the SOLO FIT Control Box in the provided protective case when not in use, keeping it in a dry place, away from high humidity, dust, and electromagnetic interference.
- Avoid extreme temperatures by keeping the Control Box away from direct sunlight, excessive heat, or cold.
- Handle the Control Box with care to prevent damage from drops or shock.
- Regularly clean the exterior with a soft, dry cloth to remove dust or debris.
- Ensure the battery is fully charged before use and unplug the device when not in use to preserve battery life.